



# Self-Dehumanization and Entrapment as Predictors of Suicidal Ideation



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## Introduction

### Background:

- Suicidal desire refers to a range of thoughts and behaviors relating to the desire to take one's life.
- The development of suicidal ideation is caused by a combination of pain and hopelessness according to the Three-Step Theory (3ST) of Suicide (Klonsky & May, 2015).
- An individual's connectedness to life can diminish the severity of suicidal ideation when connectedness exceeds feelings of pain and hopelessness (Klonsky & May, 2015).

### Purpose:

- Expand upon existing research related to the 3ST and determine whether hopelessness, measured by entrapment, or impaired connectedness, measured by self-dehumanization, is a better predictor of suicidal ideation.

## Method

### Participants:

- 134 undergraduate students from Florida State University recruited through an online portal (Sona Systems).

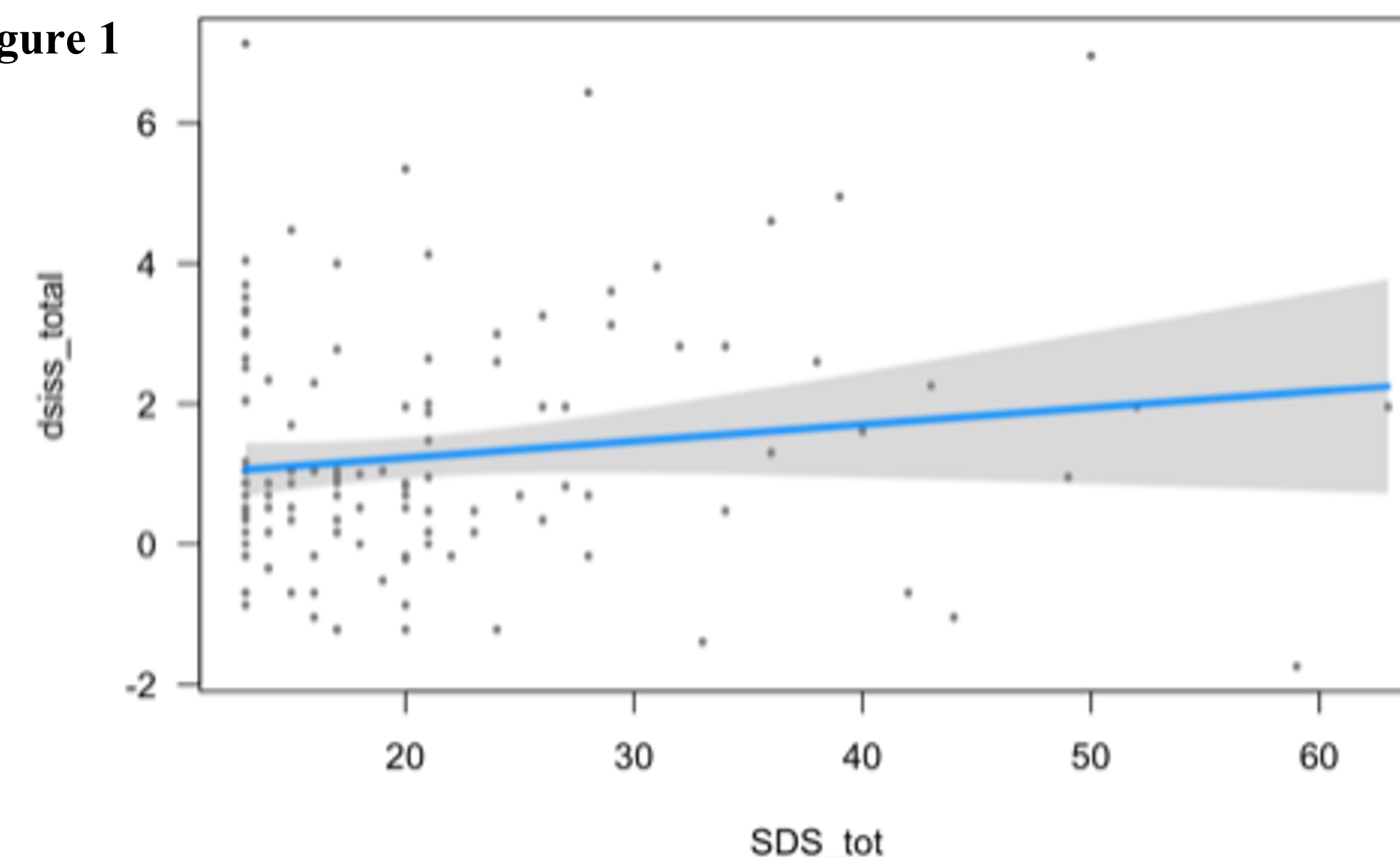
### Procedure:

- Participants completed an online survey assessing demographic variables, self-dehumanization (Self-Dehumanization Scale; SDS; Robison et al., Under Review), entrapment (Entrapment Scale Short-Form; E-SF; De Beurs et al.), and suicidal ideation (Depressive Symptom Index-Suicidality Subscale; DSI-SS; Joiner et al., 2002).

### Statistical Analysis:

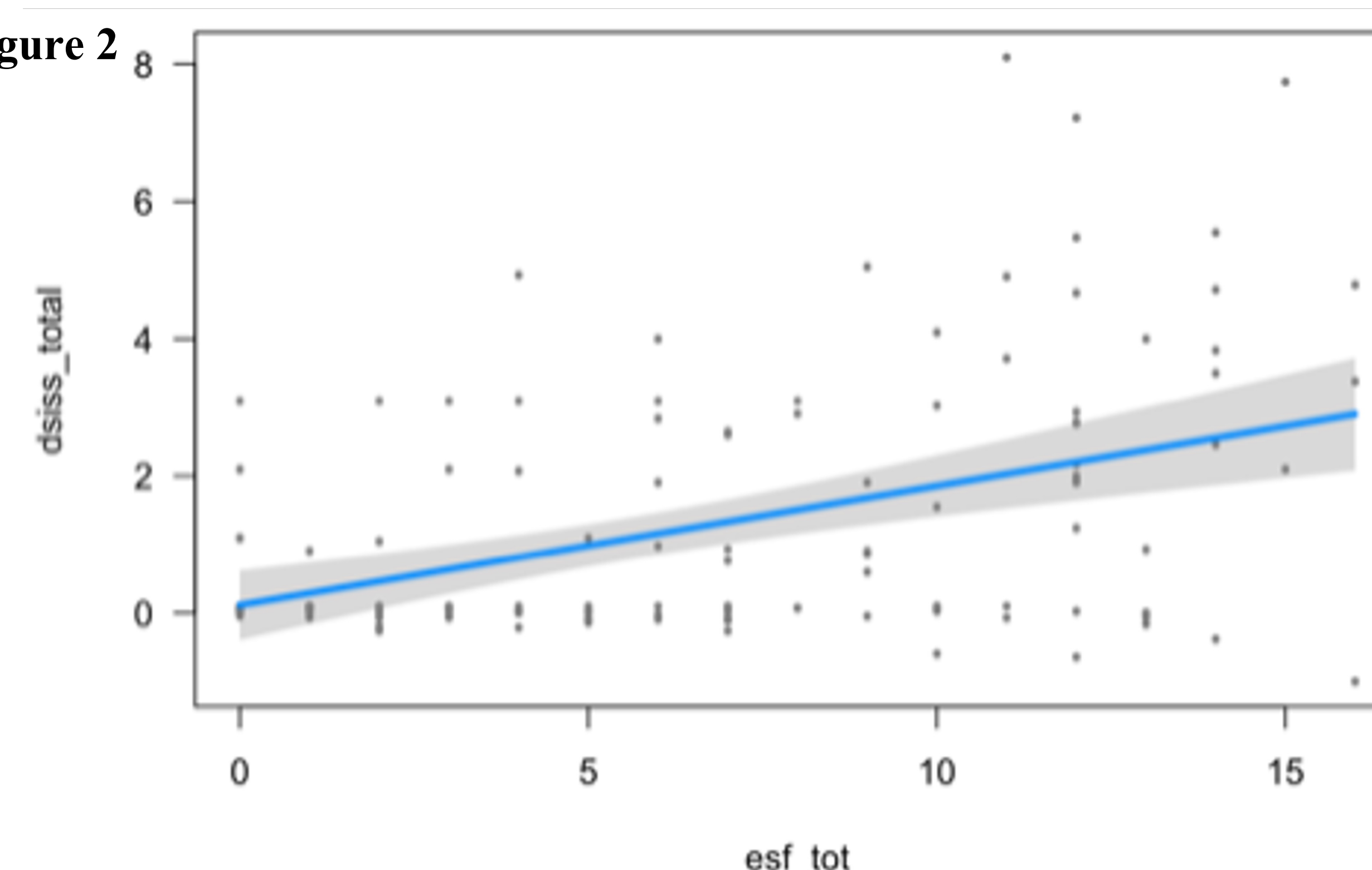
- A multiple regression analysis was conducted to predict suicidal ideation based on levels of entrapment and self-dehumanization.

Figure 1



Note. This figure is a scatterplot that estimates the relationship between self-dehumanization and suicidal ideation scores.

Figure 2



Note. This figure is a scatterplot that estimates the relationship between entrapment and suicidal ideation scores.

## Results

Together, entrapment and self-dehumanization explain a significant amount of variance in suicidal ideation,  $F(2, 130) = 22.93, p < .001, R\text{-squared} = .26$ .

Regarding the individual predictors:

- Entrapment scores were a significant predictor of suicidal ideation:  $b = .17, SE = .04, t = 4.72, p < .001$ .
- Self-dehumanization scores were not a significant predictor of suicidal ideation:  $b = .02, SE = .02, t = 1.35, p = .179$ .
- There is a moderate positive correlation between entrapment and suicidal ideation ( $r = .50, p < .001$ ). There is a weak positive correlation between self-dehumanization and suicidal ideation, ( $r = .37, p < .001$ ).

## Conclusions

- Elevated levels of hopelessness and impaired connectedness can account for elevated levels of suicidal ideation.
- Compared to impaired connectedness (measured by self-dehumanization), hopelessness (measured by entrapment) is a better prediction of suicidal ideation.
- These findings do not support the 3ST. Entrapment, which captures feelings of hopelessness, did significantly predict suicidal ideation, but this relationship was not impacted by self-dehumanization (connectedness).
- Self-dehumanization may be a non-significant predictor of suicidal ideation because entrapment already accounts for its relationship with suicidal ideation. This is consistent with the moderate correlation between self-dehumanization and entrapment.

### Future Research:

- To deal with this issue, future researchers interested in self-dehumanization and entrapment should:
  - obtain more data
  - obtain more precise measurements
  - further differentiate the two variables
- Another approach would be to combine self-dehumanization and entrapment into a single variable.
- Regardless of the approach taken, it is important that research on the detection of suicidal ideation continues so suicide can be prevented.

## References

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- Klonsky, E. D., & May, A. M. (2015). The Three-Step Theory (3ST): A new theory of suicide rooted in the "Ideation-to-Action" framework. *International Journal of Cognitive Therapy, 8*(2), 114-129.
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